



Ask 4 Help!® Suicide Prevention for Youth

Setting
Schools

Type of Program
Education & Training

NSSP Goals Addressed
3.2, 6.5, 8.5

Program Description

Developed by Yellow Ribbon, *Ask 4 Help!* is a one-hour high school-based curriculum that provides students with knowledge that may increase help-seeking for themselves or on the behalf of others. A central feature of the curriculum is the *Ask 4 Help!* wallet card. The card contains information on how to seek help, including a three-step action plan for helping others (stay with the person, listen to the person, get help for the person). Training can be provided by teachers or representatives of Yellow Ribbon. In addition to information about how to use the card, the curriculum includes information on:

- Risk Factors and warning signs of suicide.
- School and community referral points for those who may need help.
- The National Suicide Prevention Lifeline phone number.

Instructional materials include the PowerPoint presentation (provided on a CD), a teacher's manual that includes talking points for each of the PowerPoint slides, a program overview and outline, an FAQ, a preparation worksheet, and links to additional resources.

Program Objectives

After participating in the *Ask 4 Help!* curriculum, students should have:

1. Increased knowledge of warning signs of suicide and depression in youth.
2. Increased knowledge of how to respond to those at risk.
3. Increased knowledge of local and community referral points and local resources.

Implementation Essentials

- School teachers, staff, and administrators should be trained in basic suicide prevention prior to implementing the student curriculum (Yellow Ribbon's *Be A Link!* or similar training would be appropriate).
- A school-based crisis management plan, such as that found in the *Maine Youth Suicide Prevention, Intervention, and Postvention Guidelines* (found in Section III of the BPR) should be adopted prior to implementing *Ask 4 Help!*

Contact Information

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Costs

Direct training costs vary depending on the location and number of participants to be trained. Contact Dale and Dar Emme for more information.

The program toolkit is available for \$299.95. The toolkit includes trainer manuals for the *Be A Link!* And *Ask 4 Help!* programs, associated PowerPoint presentations, and *Ask 4 Help* wallet cards.

*The content of practices listed in Section III (Adherence to Standards) of the SPRC/AFSP Best Practices Registry address specific goals of the *National Strategy for Suicide Prevention* and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness. Additional information about the Best Practices Registry can be found at www.sprc.org.

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